



B Fit 4 Life Fitness Challenge 2015

Join Lake Health to battle other local teams

The B Fit 4 Life Fitness Challenge is a team fitness challenge involving Lake Health and other local teams. We will be facing off with a variety of monthly activities such as **Hunger Games Archery, Hiking, Snow Shoeing, Pilates Mat, Tai Chi** and much more!

We are looking for you!

Each team will consist of up to 10-20 team members

Not athletic?

That's OK!

Participation is the goal! The more you participate, the higher points we receive as a team. You can't be too fast or too slow, or too old or too young!

When?

B Fit 4 Life Fitness Challenge begins January 1, 2015 and crosses the finish line on April 30, 2015.

How to Join

Come to an informational meeting at TriPoint Medical Center-7580 Auburn Road, Concord Twp., Physicians Pavilion, Lubrizol Conference Room #3- September 25, 2014, 4:00 PM RSVP Sharon Minjares
(440) 350-4512

or

Sharon.Minjares@lakehealth.org by September 25!

Remember teams consist of 10-20 members so **hurry** and reserve your spot! All entries must be made before October 31, 2014.

The B Fit 4 Life Fitness Challenge is brought to you by B Fit 4 Life and its partners: Lake Health, Lake County Y, Lake Metroparks, and the Lake County General Health District